

Hot Feet

COPPER KNOB
BY STEPHEN HETS

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Lisa McCammon (USA) - June 2015
音乐: Fire Under My Feet - Leona Lewis : (Single)



#16 count intro (listen for the piano chord at about 11 seconds. (dance through--no tags/restarts)

Alternate track: Ready For The Good Life by Paloma Faith, 102 bpm, 16 count intro, no tags/restarts.

Country option Head South by Neal McCoy, 102 bpm (counted half-time), 16 count intro, no tags/restarts

Counterclockwise rotation; start with weight on L

[1-8] □ HEEL-&HEEL-&KICK-BALL-CHANGE, TWIST-TWIST-TURN, COASTER STEP

- 1&2& Touch R heel forward, step R home, touch L heel forward, step L home
3&4 Kick R, step onto R, step L home (weight even on balls of feet)
5&6 Twist both heels R, L, R, turning left ¼ [9:00; this is your new wall], weight on R (hint: lean slightly back on R)
7&8 Step L back, step R home, step L forward

[9-16] □ TRIPLE FORWARD, SYNCOPATED ROCKING CHAIR, ROCK-RECOVER-SIDE, STOMP & STOMP &

- 1&2 Step forward R, step L next to R, step forward R
3&4& Rock forward L, recover weight R, rock back L, recover weight R
5&6 Rock forward L, recover weight R, step L to side
7& Stomp R next to L, toes pointed in (no weight), then step onto R
8& Stomp L next to R, toes pointed in (no weight), then step onto L
(hint: open body to left diagonal on the last & count to prep the cross step on count 1 in the next set)

[17-24] □ CROSS, SIDE, SAILOR-HEEL-&CROSS, SIDE, SAILOR-HEEL-&

- 1-2 Cross step R over L, step L to side
3&4& Step R slightly back and behind L, step L in place, touch R heel to R diagonal, step onto R
5-6 Cross step L over R, step R to side
7&8& Step L slightly back and behind R, step R in place, touch L heel to L diagonal, step onto L

[25-32] □ (NO TURNS) CROSS, SIDE, CROSS-&CROSS, SIDE ROCK- RECOVER-KICK-STEP-SIDE ROCK-RECOVER-TOUCH

- 1-2 Cross step R over L, step L to side
3&4 Cross step R over L, step L to side, cross step R over L
5&6& Side rock L, recover weight R, kick L forward, step L home
7&8 Side rock R, recover weight L, touch R home

[25-32] □ (WITH TURNS) CROSS, BACK ¼ R, SIDE ¼ R-CLOSE-FORWARD ¼ R, STEP-TURN ¼ R-KICK-STEP-SIDE ROCK-RECOVER-TOUCH

Hint: remember you'll end at the same wall where you started the turn

- 1-2 Cross step R over L, turn right ¼ [12:00] stepping back L
3&4 Turn right ¼ [3:00] stepping side R, step L next to R, turn right ¼ [6:00] stepping forward R
5&6& Step forward L, turn right ¼ [9:00], kick L forward, step L home
7&8 Rock R to side, recover weight L, touch R home

ENDING: The last repetition starts at [6:00] with 16 counts left. Dance through counts 1&2 (triple RLR) in the second set (facing [3:00]).

Then substitute the following steps. Counts 5-7 occur as she sings "Can't put out these flames."

- 3&4 Rock forward L, recover weight to R, turn left ¼ [12] stepping side L
5& Stomp R slightly forward with toes in (no weight), then step onto R

6& Stomp L slightly forward with toes in (no weight), then step onto L
7 Stomp R either home or slightly to side

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